

Club Fiesta:

Release 52



Ownership of Intellectual Property Rights

All Club Fiesta licensed releases are owned by Hala Fitness and as such must not be distributed or shared and is for the licensed Instructors sole use within their own fitness classes.

Choreography:

Club Fiesta Release 52

[iTunes Playlist Link](#)

[Spotify Playlist Link](#)

[Release Collection Link](#)

Password:

LOYAL

No.	Routine	Steps	Song/Artist	
1	Warm Up (No Video) <i>Track not in Spotify</i>	ID1 (from Fitness: Ride, July 2023) (Mixed) - ID		Song/Artist
		1	Step touches	
		2	Step taps with side to side hand pushes	
		3	Hip dips L+R	
		4	Stretches	
		5	Grapevines with claps	
		6	Leg curls	
		7	Squats	
		8	Punches	
2	Warm Up2	Speed Drive – Charli XCX		Song/Artist
		1	L leg step + slide, then R leg step + slide, repeat combo x 8	
		2	Side hops L+R x 4 with opposite arms up and down then 2 x side steps L+R, repeat combo x 4	
		3	Hip back bounces x 2 L then to R + Hip thrusts with folded arms	
3	Cardio	Intruder (feat.Fatman Scoop) - Alan Krevo		Song/Artist
		1	Sprints then sprints in and out 8 x 8, then sprints in and out 4 x 4	
		2	Squat pulse + high jump x 12	
		3	Skaters x 12	
		4	Scissor runs x 8 then 4 x jumping jacks, repeat combo twice	
		5	Double hops or double leg kicks on floor x 16	

Choreography:

Club Fiesta Release 52

[iTunes Playlist Link](#)

[Spotify Playlist Link](#)

[Release Collection Link](#)

Password:

LOYAL

No.	Routine	Steps	
4	Pop	Do it Again (feat.Chris Brown & Tyga) – Pia Mia	
			Song/Artist
		1	Hip winds
		2	4 x waves + 2 reggaeton steps L+R, repeat x 4
		3	Tap tap scoop x 4 L+R
		4	8x funky side steps travelling L with arms up and down +4 waves & 4 heel digs, repeat to the R side
5	4 x body waves L+R		
5	Boxing	RATATA- Skrillex, Missy Elliott & Mr.Oizo	
			Song/Artist
		1	L arm punch Forward + Up x 4, then switch to R arm, repeat combo twice
		2	Fast Jabs around the world L+R
3	Fast front jabs x 8 then 2 hip pushes		
6	Pop	Barbie World (with Aqua) – Nicki Minaj & Ice Spice	
			Song/Artist
		1	Step curls x 2 Forward, then 2 steps back with ghetto wave
		2	SSD side steps with lasso arms
3	Straight arms first line ups x 4 + 2 x whip arms L+R		

Choreography:

Club Fiesta Release 52

[iTunes Playlist Link](#)

[Spotify Playlist Link](#)

[Release Collection Link](#)

Password:

LOYAL

No.	Routine	Steps	Song/Artist
7	Afro	UNAVAILABLE (feat.Musa Keys)- Davido	
		1	Step F with point arms to chest, step back with cross hands on top of each other, feet together roll hands + 3 Hammer arms
		2	SSD side afro stamps
		3	L leg side steps x 3 with L hand pointing finger , then step F+B with ball clasping hands, repeat other side
8	Salsa	Slow Low- Jason Derulo	
		1	L leg salsa F+R leg salsa back, repeat twice then L leg hip circles round the world, repeat starting with R leg salsa F+L leg salsa back
		2	2 forward wide steps then step L+R with chest pumps, repeat travelling back
		3	SSD hip flicks
9	Arms	Im Just feelin' (Du du du)(Hugel and Damien N-Drix Remix) – Imanbek, Martin Jensen & HUGEL	
		1	Arms wide open with palms up, Rotate R arm down then up x 4, repeat with L arm
		2	Straight arms pumps x 4 up then pumps x 4 down
		3	Helicopter arms
		4	L arm push across the right arm x 1, then L arm goes above head towards right arm x 1 , repeat combo x 4, then switch to other side

Choreography:

Club Fiesta Release 52

[iTunes Playlist Link](#)

[Spotify Playlist Link](#)

[Release Collection Link](#)

Password: **LOYAL**

No.	Routine	Steps			
10	Legs	Side effects – Becky Hill & Lewis Thompson		Song/Artist	
		1	SSD heel lifts, repeat x 8		
		2	Hip dips with arms Up L+R + wipe down, repeat twice then switch to R side		
		3	Low travelling squats x 2 Left then x 2 Right, travel back x 2 Left then x 2 R		
		4	Travelling hip thrusts x 4 + 2 knee drops, repeat going back – repeat combo 4 times.		
11	Floor	Padam Padam – Kylie Minogue		Song/Artist	
		1	Basic crunches with legs up x 16		
		2	Padam (chorus) Bicycle legs slow slow then 4 x fast , repeat combo x 8		
12	Cool Down (No Video)	People - Libianca		Song/Artist	
		1	No Notes		